

Week of April 20th

Guidance

1. Watch the story: **Ishi** Click on the following link:

<https://www.youtube.com/watch?v=Jpt0s2JHVT4>

ISHI is an optimistic little rock that lives inside of all of us! Make your own Ishi rock, a solid friend to remind you to be mindful, happy and kind.

2. **FIND YOUR ROCK:** There are no rules to choosing your rock. Big or small? Long or short? Dark or light? Round or bumpy? It's up to you!
3. **MAKE IT YOUR ROCK:** Draw a face on your rock! Make a happy face on the rock to remind you that you can always choose to be happy.
4. **NAME YOUR ROCK:** Ishi means "rock" in Japanese, but it also means "wish" and "intention". It is the author's wish and intention to always be happy, kind and mindful, and that's why he named his rock ISHI.

What will you name your rock?

***REMEMBER** - our bodies and brains love to be in the green zone!! Look after your rock and yourself!!

(Zones of Regulation information and a belly breathing technique for parents will be sent as a separate attachment).

